



Water vs. Sports Drinks

It's very important to drink enough fluid before and during exercise, regardless of the weather. The American College of Sports Medicine calls for about 16 ounces within the two to three hours before exercise, six to twelve ounces every 15 to 20 minutes during exercise, and enough fluid afterward to replace sweat losses. For intense exercise lasting over an hour, or for intense stop-start sports (like hockey), sports drinks that provide small amounts of carbohydrate do offer advantages. For typical adult exercisers, however, a drink with extra calories does not help and is probably even counter-productive for weight control. Often, the best choice is water. Of course, studies clearly show that people are able to put more into a workout, and hence get more out of it, if they have eaten within three or four hours before exercise. If you exercise too early in the morning to manage this, you might experiment with sports drinks, juice, and light snacks like a banana to see what works best for you.

For more information on the benefits of water and your individual needs, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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